

Yellow Advertiser

Barking & Dagenham

Week ending Friday December 14, 2018

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Local News

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Students aid charities

BARKING and Dagenham College students have helped charitable causes this Christmas.

Enterprise and entrepreneurship students collected more than 100 coats for the Wrap Up London project that gives coats to homelessness charities and also made and sold baubles at the college's Christmas fair.

Giuditta Meneghetti, curriculum team leader, business and public services at the college, said: "I'm so proud of our students who have done a great



WINTER WARMERS: Students from Barking and Dagenham College with tutor Giuditta Meneghetti

job collecting coats to help keep vulnerable people warm this winter.

"Some of the students also volunteered to help Wrap Up London sort the coats at

Liverpool Street Station."

Other students wore their Christmas jumpers to raise £400 for the charity Ambition, Aspire, Achieve. The money will be used to help provide activities and



JUMPERS: Beauty student Laila Hossaini, lecturer John Peacock, and administration apprentice Rebecca Clements

opportunities for disadvantaged, vulnerable and at-risk children in east London.

Karen Boxall, college learner involvement coordinator, said: "It was brilliant to see so many students take part in such a good cause."

GREEN LIGHT FOR HOMES

by Rachael Burford

Local democracy reporter

A FORMER Dagenham convent is set to be turned into "affordable" homes.

On Monday, Barking and Dagenham Council approved plans for nine flats in the Sacred Heart Convent, as well as 20 houses in the grounds of the nunnery.

All homes will be "affordable" and rented out at up to 80 per cent of the market value.

The building, in Goresbrook Road, was built in the 1930s and used as a convent until 2012.

In 2016 the site was sold to the council and has been occupied by property guardians, who pay low rent for looking after the building.

A council report said the building

NEW LOOK: An image of the Sacred Heart Convent development



is designated as of "special architectural or historic interest" locally, but is not listed as a heritage asset.

"The safeguarding and re-use of an important locally listed building is welcomed and the retention and restoration of existing architectural features that are integral to the existing building are key," it noted.

"The design of the refurbished convent building is generous, retaining key historical features such as the staircase, oak panelling,

parquet flooring and vaulted ceiling in the chapel."

Two other Be First projects were approved at the Monday meeting.

One for the site of the old Abbey Sports Centre, Axe Street, Barking, is a joint venture with Lindhill Properties for 170 apartments with at least 35 per cent at below market rate, as well as a two-screen cinema run by operators Arthouse.

The other will provide six flats, parking and landscaping on



FLATS: Axe Street

a largely disused garage site at Mellish Close in Barking.

Director of Be First, Pat Hayes, said: "We're now stepping up the pace of our programme to build much-needed new homes for the borough in a wide range of styles and types. What they all have in common is high quality and low rents for local people.

"And, that's a combination that we're determined to deliver more of in the next few years."

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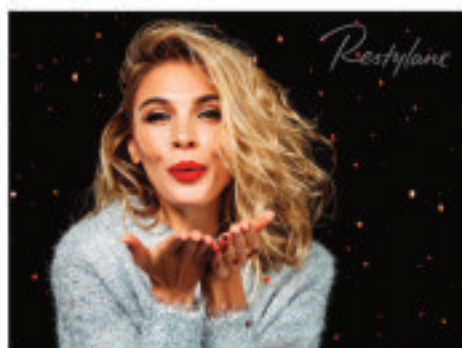
A-Z OF HEALTH, BEAUTY AND DERMATOLOGY

With Frances Furlong



This month I am continuing my A-Z of current trends, tips and treatments in the beauty and dermatology arena. With the Christmas season fast approaching, it's time to think about how you can achieve your best, feeling fresh, less tired and confident for the party season

Frown freeze is the only way to stop giving a negative expression to others. Frowning heavily makes us look angry or concerned and can change the way others communicate or respond to us. A simple and effective injection of relaxing injections really freshens your face and lasts around 4-6 months.



Glowing skin for this party season is a must, retinol glow peels are a must have at the moment and is favoured on the 'Hollywood circuit', the benefits help to reveal a younger fresher glowing complexion. This can be combined with a cocktail of powerful antioxidants and anti-ageing compounds to enhance and nourish the skin further. From £150-£200.

H is for hydration; to understand the pathophysiology of dry skin types you need to visualise the upper most level of the skin known as the stratum corneum as a 'bricks and Mortar structure' the bricks represent Keratinocytes which are responsible for forming tight junctions with the nerves of the skin, the mortar is likened to ceramics, fatty acids and cholesterol in the skin tissue therefore keeping the skin protected and water tight! Skin that is dry and exposed excessively to the sun is likely to have an impaired skin protective barrier. So clients should concentrate on skin repair and daily protection. I highly recommend Restylane Vital, an amazing and unique skin hydration system, the protocol is to deliver two syringes and a further 1 syringe a month after. Then 4 monthly single syringe treatments to maintain hydration levels. Using an intense serum like Caviar Repair by

YOUR SECRET TO HEALTHY HYDRATED SKIN THIS WINTER



Inspira medical with a nourishing SPF is key to helping dry, ageing and uncomfortable tight skin.

Immune system strengthening is crucial at this time of year, with extra stress, cold weather, parties and events follow these simple steps below to boost your body.

HEALTHY WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM

1. Don't smoke.
2. Eat a diet high in fruits and vegetables.
3. Exercise regularly.
4. Maintain a healthy weight.
5. If you drink alcohol, drink only in moderation.
6. Get adequate sleep.
7. Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
8. Daily vitamin d3, vitamin b complex, vitamin c and zinc supplements all help our mood levels and immunity to fight colds and fatigue.

Jowl lift is the current dermal filler trending on social media, it isn't new, experienced practitioners have been doing it for years to support and strengthen a saggy jaw line, also by adding support and volume to the sides of the face helps to give a natural non surgical facelift effect.

Kissable lips for the mistletoe season, a natural plump hydrated lip looks amazing, an overfilled ready to burst lip does not! Restylane dermal filler is a brand to be trusted, with an array of different products to suit everyone, it's a brand you can trust. Prices from £180-£300 ■

With the Christmas season fast approaching, it's time to think about how you can achieve your best, feeling fresh, less tired and confident for the party season

THE DETAILS

Please call Michelle on 07508 404862 for further information, info@perfect-skin.co.uk www.perfect-skin.co.uk

Advertiser

North London & Essex News Ltd, Acorn House
Silver Lane, Waltham Forest, London E12 4 1AF

Advertising
01268 503422

Ad Manager
Urula Corry
01268 503414
urulacorry@yellowad.co.uk

Distribution
distribution@yellowad.co.uk

Editor
Mick Ferris
01268 503471
mickferris@yellowad.co.uk

Reporter
Lynette Hemmell
01268 503462
lynahemmell@yellowad.co.uk

Publisher
Vicky Wright
01268 503400
vickywright@yellowad.co.uk

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'Patients wait two weeks for a hospital discharge'

by Alice Richardson

Local democracy reporter

PATIENTS in Waltham Forest and Redbridge have experienced some of the longest hospital discharge waiting times in the capital, according to a care company.

They were waiting more than two weeks to be discharged from hospital and moved into care facilities according to Care Sourcer, which matches patients with the care they need.

Care Sourcer's figures state both boroughs were in the bottom ten across London for September 2018 with patients waiting up to 13.77 days in Redbridge and up to 15.94 days in Waltham Forest to be transferred out of hospital. It estimated delays cost the NHS £3.94million in September and that extended hospital stays can have a negative impact on a patient's health.

It is a council's responsibility to



FIGURES: Whipps Cross Hospital

arrange onward care provision working with clinical commissioning groups and hospital trusts after a patient's stay in hospital.

But Cllr Naheed Asghar, Waltham Forest Council cabinet member for health, said: "While we do not recognise this company's data, we can reassure residents that the council and its partners at North East London NHS

Foundation Trust, Barts Health NHS Trust, and North East London CCG are working closely together to ensure we deliver the essential services residents rely on.

"We are meeting an increasing demand for services in partnership, at a time when we are seeing unprecedented cuts to public sector budgets.

"We examine each case on an individual basis when assessing a patient's needs, to ensure that they receive the most appropriate care in the most suitable place for them."

Andrew McGinley, CEO of Care Sourcer, said: "This data shows that health and social care systems are already under extreme pressure, and winter could bring a crisis for the capital. Despite the availability of supply in London, systemic problems with the care system are putting pressure on the health service, costing the NHS millions and even affecting the health outcomes of people waiting for care

and others in need of treatment."

A North East London NHS Foundation Trust spokesman said: "The trust works collaboratively with acute care and social care partners to minimise delays for patients in hospital requiring further care either in the community or other settings.

"Improvements to these care pathways have been made across our partnerships and we continue to strive to improve these care pathways."

Shelagh Smith, chief operating officer at Barking, Havering and Redbridge University Hospitals NHS Trust, said: "In some cases, there are delays when the appropriate social care package, or care home place, is not immediately available.

"We work closely with our partners, including the local authority, to reduce the amount of time any patient has to wait to leave hospital."

Redbridge Council did not respond to a request for comment.

Time running out for Christmas ghost stories

THERE are just a few days left to enter this year's *Yellow Advertiser* Christmas ghost story competition.

If you are an aspiring writer living in Essex or east London – and you have a scary story to tell – then get typing.

Book tokens are up for grabs in the adult and children's categories. The top three stories will be published in our

first edition of January 2019.

As ghouls have moved into the 21st century, along with the rest of us, judges can only accept stories via email.

The competition is open to schools, so we would like to encourage English departments to take up the challenge to grab the coveted first place for their own literary protégés.

The junior section is open to youngsters aged 16 and under.

Entries should be no more than 350 words and emailed to letters@yellowad.co.uk.

Remember to include your name, address, age and telephone number.

The closing date is midnight on Sunday, December 16.



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£249**	£249	£1,700†	£21,442	£19,493	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
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See a GP on Christmas Day

DOCTORS appointments will be available on Christmas Day in east London.

NHS GP hubs in Redbridge, Waltham Forest and Barking and Dagenham will be open on weekday evenings, weekends

and bank holidays this winter.

Same day, urgent appointments are available every weekday evening between 6.30pm and 10pm, and between 8am and 8pm on Saturdays and Sundays.

These appointments can be booked by calling your own GP practice as usual during working hours, the booking line directly on 020 3770 1888, or by calling NHS 111.

The hubs where these appointments are available are: Broad Street Medical Centre, Barking Community Hospital, Fullwell Cross Medical Centre, Newbury Group Practice, and Southdene Surgery.

There are also a number of GP practices in Chingford, Walthamstow and Leytonstone where these appointments are available.

Dr Anwar Khan, GP and NHS Waltham Forest CCG chairman, said: "We understand our patients are leading increasingly busy lives and there is now much more demand to be able to see a GP or nurse outside normal working hours."

"Having services later in the evening, and at weekends, including Sundays, and bank holidays, makes it easier for people to be seen more quickly and at a time that better suits them, and this even includes being able to see a GP on Christmas Day."

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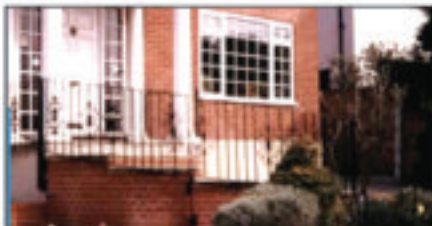
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